

Winter Ski Lessons at Nashoba Valley Ski Area

The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.



Grades: 3 – 8 **Code** 220906

The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.

(A1): Ski/Snowboard – Elementary School children

(B1): Ski/Snowboard – Middle School children

When: Four Wednesdays, January 13 -February 3

Time: 3:30pm – 7:30pm (times are approximate).
Lessons are scheduled for 5:15pm.

Cost: \$189 per participant. Each week participants will have time for free ski before lessons begin.

Equipment Rental: There will be a mandatory fitting on Monday, December 7th 5:30pm – 6:30pm, Gibbs Gymnasium

Transportation: Busses will meet and load in front of the Arlington Sports Center. We will begin boarding at approximately 3:30pm. Return location will be McClennen Park (located on Summer Street on the Arlington/Lexington line).

If a session needs to be cancelled due to inclement weather, the session will be made up the following Wednesday.

Please note that registration numbers are **limited and accepted on a first-come, first-serve basis**. Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley.



Volunteer spaces are limited.

If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.

Equipment Rental: There will be a mandatory fitting on Monday, December 7th from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$70.00 for the season, checks payable the night of the fitting directly to Nashoba Valley.

If you do not make this fitting date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$50.00.

Advertise Your Business at the Veteran's Memorial Skating Rink!!!

Would you like Arlington Recreation to help you get the word out about your services or an upcoming event? Need more exposure in Arlington and the surrounding area?

Would you like to support Arlington Recreation?

There are yearly options available for businesses to advertise at the Veterans Memorial Ice Rink!!!

Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season!

**Call Dave Cunningham at 781-316-3802
for more information.**

Current Advertising Participants

ARLINGTON CAL RIPKEN
ARLINGTON CHILDRENS FUND
ARLINGTON HOCKEY CLUB
ARLINGTON PATROLMAN'S ASSOCIATION
BOSTON PROPERTY 123.COM
CENTRAL BANK
CENTURY 21
COLDWELL BANKER
HOLOVAK & COUGHLIN
LEADER BANK
MIDDLESEX YANKEE CONFERENCE GIRLS LEAGUE
MUNROE CONSTRUCTION
MYSTIC VALLEY ORTHODONTICS
N-STAR
PALMER'S GARAGE
PATRICK HOURICAN PLASTERING
PMI CONSTRUCTION
PREFERRED MECHANICAL
PRIVITERA CHARITABLE FOUNDATION
RUSSELL TREMBLAY ELECTRICAL
SEABOARD MECHANICAL
SPORTS ETC.
TARANTINO INSURANCE
US SEAL COAT

Arlington Recreation Winter Program 2010

Registration Information:

**Mail-In, On-Line,
Phone, Fax &
Walk-in Registration:
December 14**

**Out-Of-Town Residents:
December 21**

Arlington Recreation Department
422 Summer Street
Arlington, MA 02474
www.arlingtonma.gov/recreation
781-316-3880 Main Number
781-641-5495 Fax

Photo courtesy of
Lauren Bain



**Arlington Recreation...Sign Me Up! Register Online at
www.arlingtonma.gov/recreation**

Arlington Recreation...Sign Me Up!
Register Online at www.arlingtonma.gov/recreation

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Trips and Special Events

All trips are coordinated through Celebration Tours/Prime Travel. Payment is made to the Arlington Recreation Department. If the minimum number of participants is not acquired full refunds will be granted. Trips may now be paid for with cash, check and credit card (Mastercard, Visa, Discover). Whenever possible trip pick-up and drop-off will be from the Arlington Recreation Department at 422 Summer Street. If there are only a few participants signed-up, trip pick-up and drop-off may be at a nearby location. All trip prices include taxes and gratuities for included features except customary gratuities to driver and escort.

January 10th
Wicked – The Untold Story of Witches

Code 600925
Cost: \$179
Trip includes a Sunday brunch at the Café Paragon restaurant in Providence and then reserved orchestra seating at the Providence Performing Arts Center.

March 13th
St. Patrick's Day Shamrock Festival

Code 6009265
Cost: \$89 per person
Trip includes a luncheon at the Irish Village followed by live Irish entertainment. Tour of the Dandwich Glass Museum and Glassworks and shopping at the Christmas Tree Shop on the way home.

April 21st
Mary Poppins Musical and the American Girl Café in New York City

Code 600901
Cost: \$199 per person
Trip includes deluxe motorcoach to New York City, reserved seats at Broadway's timeless classic Mary Poppins and lunch at the American Girl Café.

Art Classes By Lets Gogh Art

Daddy & Me Code 220324
Ages: 3 – 6
When: (A1) Saturday, February 6th
Time: 10:00am – 11:00am
Where: Gibbs Gym Classroom
Cost: \$15 per child

Bring Daddy for a special story, an art project and fun and games. A special time for both father and child.

Edible Fun Shop Code 220325
Ages: 3 – 6
When: (A1) Monday, February 22nd
Time: 10:00am – 11:00am
Where: Gibbs Gym Classroom
Cost: \$15 per child

Yummy fun for starving artists!! Literally “make your masterpiece and eat it too” in this very creative and edible workshop. Taste the best art has to offer. We'll make an edible color wheel (and learn about primary and secondary colors), edible mosaics and edible jewelry. Please come with your imagination and an empty stomach.



Daddy/Daughter Dance

Social for girls of all ages with their fathers, grandfathers, uncles and other guardians.

Friday, February 5 6:00pm – 8:00pm
Ottoson Middle School
\$5 per ticket • Tickets on Sale Now

Snow Date: Saturday February 6
5:00pm – 7:00pm

Need A Space To Hold Your Next Event?

Looking for an Inclement Weather Location?

Me & My Mask Code 220326
Ages: 6 – 14
When: (A1) Thursday, March 11th
Time: 3:00pm – 4:00pm
Where: Gibbs Gym Classroom
Cost: \$15 per child

In this fun mask workshop, you can make three types of masks. Participants create and decorate a 1/2 mask or a full-face mask with paint, sequins, feathers and more. Everyone will also create cultural masks with Sculpey clay.

Easter Egg-Ventures Code 220327
Ages: Families
When: (A1) Saturday, March 27th
Time: 10:00am – 11:00am
Where: Gibbs Gym Classroom
Cost: \$25 per family of 4, \$5 for each additional member

Join us as we celebrate Easter and make some egg-credible Easter art. Create a spring family collage, make some fabulous colored eggs and go on a special egg hunt.

Snowman Contest



How many of you go out on snowy days and build snowmen? Well, we want to see them. Take a picture of you and your snowman, send it in to the Arlington Recreation Division, and the best submission will be on the cover of the 2011 Winter Recreation Guide. This is open to Arlington Residents only. Send in as many submissions as you'd like but they have to be in by March 31st. Let's see those pictures!!!

Mail to Arlington Recreation – Snowman Contest c/o Dan McGrath, 422 Summer Street Arlington, MA 02474. or email to dmcgrath@town.arlington.ma.us. No Fee!

Consider Renting the Gibbs Gymnasium!

Arlington Recreation rents the Gibbs Gymnasium and Lower-Level Classroom to the public. Facility is open 8:00am – 10:00pm, Sunday 1:00pm – 5:00pm. Single-Use or Long-Term options available! Rental Fee for each space is \$40 per hour.

For complete details or to book your space, call Arlington Recreation at 781-316-3884.

Veterans’ Memorial Skating Rink

The Veterans’ Memorial Skating Rink / Arlington Sports Center is an indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85’x 185’ with spectator seating for 1,085 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening services. Team rooms are provided for those renting ice time. The Veterans’ Memorial Skating Rink / Arlington Sports Center is open to the public during the months of September through March. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.

Public Skating Schedule

September 18 – March 13

Admission: \$3 children (16 & under) & seniors; \$6 adults

Skate Rentals: \$5 per pair **Skate Sharpening:** \$5 per pair

Mondays 12:00pm – 1:50pm

Thursdays 9:00am – 11:00am

Fridays 11:00am – 12:50pm; 2:30pm – 4:30pm; 7:00pm – 9:00pm

Saturdays 4:00pm – 5:50pm

Sundays 9:30am – 11:30am; 2:00pm – 4:00pm

2009/2010 Extra Public Skates, Special Events, & Kids Stick & Puck

Wednesday Dec 23 4:30pm- 5:50pm Holiday public skating

Tuesday Dec 29 3:10pm – 4:30pm Holiday Skate

Wednesday Dec 30 12:00pm – 1:50pm Public skating

Friday Jan 01 7:00pm – 9:00pm Public skating

Thursday Feb 18 11:45am- 1:45pm Kids stick & puck

Friday Feb 19 9:00am-10:50am Mother/Father-Daughter/
Son stick & puck

DATES AND TIMES ARE SUBJECT TO CHANGE

Dates Public Skating NOT Held

Dec 20, 2009 9:30am – 11:30am ONLY
(2:00pm – 4:00pm on as scheduled)

Dec 24, 2009 Holiday

Dec 25, 2009 Holiday

Dec 26 – 29, 2009 Hockey Tournament

Dec 31 and Jan 2, 2010 Hockey Tournament

Jan 18, 2010 Martin Luther King Day
High School Games

Feb 6, 2010 4:00pm – 5:50pm

Feb 20, 2010 AHS Alumni Hockey Festival

DATES AND TIMES ARE SUBJECT TO CHANGE

Holiday Public Skating Schedule

Saturday Dec 19, 2009 4:00pm – 5:50pm
Sunday Dec 20, 2009 ONLY 2:00pm – 4:00pm
(no 9:30am – 11:30am skate)

Monday Dec 21, 2009 12:00pm – 1:50pm

Wednesday Dec 23, 2009 4:30pm – 5:50pm

Tuesday Dec 29, 2009 3:10pm – 4:40pm

Friday Jan 1, 2010 7:00pm – 9:00pm

Sunday Jan 3, 2010 9:30am – 11:30am
2:00pm – 4:00pm

Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals & Sharpening for \$5 per pair or purchase a 10-punch pass for \$50 (11th service is FREE)!! Available during public skating, regular business hours, and/or by appointment.

Men’s Stick Practice

Ages: 18 years and up

Date: Thursdays (x: 12/24, 12/31, 2/18)

Time: 11:45am – 1:45pm

Cost: \$5/day per person



Women's Stick Practice

Ages: 18 years and up

Date: Fridays (x:12/25, 1/1, 2/19)

Time: 9:00am – 10:50am

Cost: \$5/day per person

Ice Skating Classes

Students grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5/pair or \$25/session. Helmets are required for all skaters. Don’t forget to dress warm...bring hats and gloves!!! All lessons held at the Veteran’s Memorial Skating Rink at 422 Summer Street.

Tot Skate

Code: 210203

Ages: 1-1/2 to 4 years (with parent)

(A1): Tuesdays, January 5– February 2

(B1): Tuesdays, February 9 – March 16 (x: 2/16)

Time: 9:30am – 10:15am

Cost: \$59 for a 5-week session or \$12 per drop-in lesson.

Beginning ice skating made simple and fun!!! Introduce your child to the exciting sport of ice skating. Instructor emphasizes proper balance and control. Parents and children are required to provide their own single blade skates or rent a pair for an additional \$20 per session. Helmets are required!!!

Veterans’ Memorial Skating Rink

Tot Hockey

Code: 220106

Ages: 3 – 6 years

(A1): Mondays, January 4 – February 1

(B1): Mondays, February 8 – March 15 (x: 2/15)

Time: 11:00am – 11:30am **Cost:** \$59 for 5 weeks

This program is intended to help your child develop skills for better balance and foot motion, emphasizing skating concepts and having fun through ice hockey games. Full helmet with cage, knee and elbow pads, gloves, stick, and single blade skates are required. Program run by Dave Cunningham.

Preschool Skate

Code: 220202

Ages: 4 – 5 years

(A1): Tuesdays Jan. 5 – Feb. 2

Time: 10:30am – 11:00am

(B1): Wednesdays Jan. 6 – Feb. 3

Time: 2:30pm – 3:00pm

(C1): Fridays Jan. 8 – Feb. 5

Time: 1:00pm – 1:30pm

(A2): Tuesdays Feb 9 – Mar 16 (x: 2/16)

Time: 10:30am – 11:00am

(B2): Wednesdays Feb 10 – Mar 17 (x: 2/17)

Time: 2:30pm – 3:00pm

(C2): Fridays Feb 12 – Mar 19 (x: 2/19)

Time: 1:00pm – 1:30pm

Cost: \$59 (w/o rentals); \$79 (w/ rentals)

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single blade skates or rent a pair for an additional \$20 per session. Helmets are required!!!

Bay State Skating School Learn To Skate Program

Code: 220201

Wednesdays – NEW

Ages: 5 years and up

Time: 3:00pm – 3:50pm

(F1): Wednesdays, January 6 – February 3

(F2): Wednesdays, February 10 – March 17 (x: 2/17)

Cost: \$95

Saturdays

Ages: 5 years and up

Time: 11:50am –12:40pm

(F3): Saturdays, January 9 – February 6

(F4): Saturdays, February 20 – March 20

Cost: \$96

It’s time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 5 and up. The program is structured in 25-minute lessons and 25-minute practice time each week. A co-instructor is in attendance at all times. Students may wear figure skates or hockey skates. Bay State Skating School provides over 39 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair for an additional \$20 per session. Helmets are required!

Adult Skating

Code: 220503

Ages: 18 + years

(A1): Tuesdays, January 5– February 2

(B1): Tuesdays, February 9 – March 16 (x: 2/16)

Time: 12:00pm – 12:45pm

Cost: \$55 (w/o rentals); \$75(with rentals)



You asked for it, we are delivering!! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other Arlington residents! Helmets are now required!

Women’s Hockey

Code: 220507

Ages: 18 + years

Date: Wednesdays, January 13 – March 17 (x: 2/17)

(A1): 12:00pm – 12:50pm

(B1): 1:00pm – 1:50pm

Note: Sessions A and B are the same level

Cost: \$150 (9 weeks)

Equipment Required: helmet, skates, hockey gloves, knee & elbow pads, and stick.

Arlington Recreation is now offering an adult recreational, non-contact hockey program for women! The program is designed for beginning/ intermediate levels, focusing on skating, stick handling, shooting and team play. All women are encouraged to join, regardless of past experience! Childcare may be available depending upon numbers. Please call the Recreation Office for additional information. Program run by Dave Cunningham and Paul Krepelka.

Ice Rental Fees

Call Dave Cunningham, Facility Supervisor, at 781-316-3882 for complete details or an open ice time schedule. Group rental fees: \$225 per 50-minute block, \$235 per 60 minute block.

Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical!! These passes also make great birthday gifts or stocking stuffers for friends and family.

Individual Passes: \$3 child & senior; \$6 adult;
10-visit punch passes: \$27 child & senior; \$54 adult.

Infant, Toddler & Preschool Classes

Toddlers and Two's

Ages: 15 – 36 months (with parents)

When: Every Wednesday & Friday beginning January 6th
(x: 2/17, 2/19, 4/21, 4/23)

Time: 9:30am – 11:00am **Where:** Gibbs Gym

Cost: \$45/10 visit pass or \$5 drop-in per child

Come take part in our newly restructured toddler program. This program takes place in an open gymnasium with numerous play stations. There is a kitchen area, an extensive library corner, a bouncy house, multiple riding toys, as well as a large matted area with basic gymnastics equipment, slides, and climbing structures. We will also be offering a new music program with a sing-a-long session and basic instruments, on Wednesdays, in the lower classroom. On Fridays, we will offer an arts program with a scheduled project. Free coffee will also be available. This program will not meet during holidays, school holidays, or inclement weather.

Rock & Roll Babies

Code: 220318

Ages: 6 - 16 months (with parents)

(A1): Thursday, January 7 – February 11

(B1): Thursday, February 25 – April 1

Time: 9:45am – 10:15am **Where:** Gibbs Gym

Cost: \$69 for 6 Weeks

Does your baby love to Rock and Roll, and Jump, and Crawl? This is the program for you! Join Instructor Amanda Munsey in this new interactive Baby Fun Playgroup for Moms, Dads, Caregivers, and their Active Little Ones. Your baby and newly toddling toddlers are sure to enjoy the Rolling Mats, Crawling Tunnels, Ball Crawl, Jumping Stations, and Parachute Games (complete with bubbles of course). Enjoy some unstructured free play with baby or join the group activities including: lap songs, finger puppets, board books and special crafts that are sure to delight both child and parents alike. Join us in celebrating your baby's stages of development and milestones – Don't miss out on the fun!

Fantastic Gymnastics

Code 210102

Ages: 18 months – 3 years (with parent)
(Children should be good walkers)

(A1): Tuesdays, January 12 – February 9

(B1): Tuesdays, February 23 – March 23

Time: 9:30am – 10:10am **Where:** Gibbs Gym

Cost: \$66 for 5 weeks

This class is perfect for the two year old that is ready for some running, jumping, and learning some basic gymnastic skills. Parents work with their children on basic motor skills on the floor, mini bars, low beam, and vault. Class format uses shape courses, balance, swinging, and bouncing areas. The instructor communicates through the adult to help accomplish the goals for the child. Program run by Tanya Dall.



Fantastic Gymnastics

Code 220103

Ages: 3 – 5 years

(A1): Tuesdays, January 12 – February 9

(B1): Tuesdays, February 23 – March 23

Time: 10:15am – 11:00am **Where:** Gibbs Gym

Cost: \$66 for 5 weeks

This program includes structured gymnastics instruction as well as learning introductory gymnastics routines on the floor, mini bars, low beam, and child-sized vault. Children will learn proper warm-up and stretching techniques, listening skills, turn taking, and peer interaction. Taught by Tanya Dall.

Mystic River Music Classes

Code 210205

For Babies

Ages: 6 months – 3 years

(A2): Tuesday, January 19 – March 16 (x: 2/16)

Time: 10:30am – 11:15am **Where:** Fox Library

Cost: \$125 for 8 weeks

Always a lively class, we will explore rhythm, dynamics, and movement in many ways! Our class will alternate seated "lap" play of bounces, chants, fingerplays and exploration of musical instruments with jumping, dancing, and improvising to many kinds of music. Puppets, scarves and books with musical themes will round out the class. This class is for child & adult caregiver. Siblings welcome, eight months and under

For Young Children

Ages: 3 - 5 years

(B1): Tuesday, January 19 – March 16 (x: 2/16)

Time: 1:00pm – 1:45 pm

Where: Fox Library

Cost: \$125 for 8 weeks

Music will help us explore the world of animals; how they move, songs about them, even musical animal games! We will play instruments, explore rhythm, pitch, dynamics and melody, and teach our caregivers some of our songs during the last class. Come use puppets, scarves and other materials in this musical & animal extravaganza! Adults may choose to stay with children - or be upstairs in library.



Kids Just Love Crafts

Code 210401

Ages: 2 – 4 years (with parent)

(A1): Thursdays, January 14 – February 11

(B1): Thursdays, March 4 – April 1

Time: 10:15am – 11:00am

Where: Gibbs Gym, Lower Level Classroom

Cost: \$64 for 5 weeks

Join us for a jam-packed five weeks of ooey, goeey arts, crafts, stories, and songs. Make a mess & have some fun as your child creates age appropriate treasures. Each week the children will make new seasonal projects.

Infant, Toddler & Preschool Classes

Super Soccer Stars

Code: 220319

Grades: Pre-K & Kindergarten

When: Monday, January 25 – March 22 (x: 2/15)

(A1): 3 – 4 years of age **Time:** 3:00 pm – 3:45 pm

(B1): 4 – 5 years of age **Time:** 3:45 pm – 4:35 pm

Where: Gibbs Gym

Cost: \$194 for 8 weeks

Get the ball rolling for ages 2 and up with Super Soccer Stars in Arlington! The Tri-State region's most popular children's soccer program has expanded to Boston. Dynamic international coaches work with every student to develop skills, self-confidence, and teamwork in a fun, non-competitive environment. Positive reinforcement and a low child-to-coach ratio ensures that each child will improve his or her soccer skills through engaging warm-ups, drills, and games — all while having endless fun! Each child receives a free t-shirt on the first day of class.

Little Dragons Karate

Code 220902

Ages: 3 – 4 years

(A1): Fridays, January 15 – March 26 (x: 2/19)

Times: 5:15pm – 5:45pm

Where: Brackett Elementary School Gym

Cost: \$228 for 10 weeks



One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Kindersports

Code 220301

Ages: 4 – 6 years

(A1): Thursdays, January 14 – February 11

(B1): Thursdays, February 25 – March 25

Time: 3:00pm – 3:45pm

Where: Gibbs Gym

Cost: \$58.00 for 5 weeks

If your child is unsure what his/her sport is or likes variety, join Kindersports! Introductory drills and unique games will be played in a fun, non-competitive atmosphere. Kids will also have the opportunity to make up games and activities on their own.

*Email program comments,
suggestions, ideas, and concerns to
dmcgrath@town.arlington.ma.us*

Tiny Tot Soccer

Code 220105

Ages: 3 – 5 years

(A1): Tuesdays, January 12 – February 9

(B1): Tuesdays, March 2 – March 30

Time: 2:30pm – 3:00pm **Where:** Gibbs Gym

Cost: \$65 for 5-weeks



This 5-week soccer program is designed to be an introduction to the sport of soccer for the budding superstar! The learning outcomes include trust, communication, social interaction, patience and a general improved interest in the sport of soccer. The technical outcomes are agility, balance, and coordination. Parents are encouraged to participate.

Youth Spanish Classes

Code 220911

Yo y mi familia! Pequeñitos

Ages: 6 - 36 months

(A1): Mondays, January 25 – April 5 (x: 2/15)

Time: 9:15am – 10:00am **Where:** Fox Library

Cost: \$190

This is a fun and interactive class where parents, caregivers and educators sit with the children to learn new words, sounds and Latin American culture through music and movement. This class has been created as a response to parents seeking to provide their little ones with friends that are of a similar age. This class recognizes the importance of play while building independence. The instructor may allow more time between activities for children to feel more comfortable and more receptive, as well as sense in what direction the children like to learn (self directed learning). As well as in the other classes, songs, sign language, books, puppets, games, and toys are part of the methods used to cultivate curiosity and stimulate your child. If your child likes jumping, dancing, acting up and singing this is the perfect class!

iFamilia y Yo! Mixtos

Ages: 6 months - 5 years

(A1): Mondays, January 25 – April 5 (X: 2/15)

Time: 10:05am - 10:50am **Where:** Fox Library

Cost: \$190

This is a fun and interactive class where parents, caregivers and educators sit with the children to learn new words, sounds and Latin American culture. Children are exposed to the language through songs that create an environment that allows for a long period of listening and developing comprehension along with responses to commands that require physical movement (TPR - Total Physical Response). The curriculum uses games, songs, TPR story telling, books, sign language, puppets, parachutes and toys that cultivate curiosity and stimulate your child in rewarding ways. This language adventure can take them for a ride on a train through the Spanish-speaking world naming countries from Mexico to Argentina or simply popping burbujas (bubbles) in the bath tub with patos (ducks) and ranas (frogs). If your child likes jumping, dancing, acting up and singing this is the perfect class!

Youth Programs

Biddie Basketball

Code 210302

Ages: 4 – 7 years
(A1): Wednesdays, January 13 – February 10
(B1): Wednesdays, February 24 – March 24
Time: 3:00pm – 3:45pm **Where:** Gibbs Gym
Cost: \$58 for 5 weeks



This program is designed to introduce the basic skills and game concepts for basketball. Modified hoops and smaller balls will be used for better handling and play. Unique games will be introduced.

Good Sports

Code 220311

Grades: 1 – 5
Time: 2:30pm – 3:30pm
(A1): When: Mondays, January 25 – March 1 (x: 2/15)
Where: Bishop School Gymnasium
(B1): When: Tuesdays, January 26 – March 2 (x: 2/16)
Where: Peirce School Gymnasium
Cost: \$62 for 5 weeks

Sports, sports, and more sports! Grab your friends and sign up for this great program. Each week we discover a new sport, meet new friends, and seek new challenges. We play new and old games and have lots of fun learning about sportsmanship, team play, exercise, and skill development. Games may include basketball, floor hockey, new games, interactive play, relays and more! Depending on numbers additional sessions may be added.

Tumble Time Gymnastics

Code: 220101

Beginner

Ages: 5 and up
(A1): Saturdays, January 16 – February 27 (x: 2/20)
(B1): Saturdays, March 6 – April 10
Time: 9:00am – 10:00am **Where:** Gibbs Gym
Cost: \$65 for 6 weeks

Intermediate/Advanced

Ages: 5 and up
(A2): Saturdays, January 16 – February 27 (x: 2/20)
(B2): Saturdays, March 6 – April 10
Time: 10:15am – 11:15am **Where:** Gibbs Gym
Cost: \$65 for 6 weeks

Learn how to tumble like a champ! This new program, run by Tanya Dall, will focus on the tumbling aspect of gymnastics. The class will begin with strength and conditioning, and flexibility training. Through weekly evaluation we will focus on individual skills and teach various tumbling sequences. This program will be divided up by skill level. Those learning forward rolls, front walkovers, cartwheels, and roundoffs, will be separated from those learning back handsprings or better.

Thundercat Sports Jam (basketball, soccer, and floor hockey)

Code 220912

Grades: K – 5
(A1): Thursday, January 21 – March 4 (x: 2/18)
Time: 2:45pm – 4:00pm
Where: Stratton School
Cost: \$80 for 6 weeks

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun non-competitive atmosphere. The program culminates with tournament day! Program is coed and participants will receive a sport related item. Please bring athletic clothing, sneakers, and a water bottle. For more information please visit www.thundercatsports.com.

Mad Science® of Greater Boston – “There’s Science Everywhere”

Code 220405

Ages: 6 – 10 years
(A1): Mondays, January 25 – March 22 (x: 2/15)
Time: 3:00pm – 4:00pm
Where: Fox Library Lower Level Meeting Room
Cost: \$110 for 8 weeks



Join the Mad Science hands-on science fun. We’re crazy about science...and hope you are too! In this program, we’ll have a blast exploring science and how it affects the world around us. There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We’ll explore the world’s most abundant animal-bugs; investigate the powerful processes that shape the Earth and form rocks, minerals and gems; try out different types of simple machines...levers...incline planes...wheels...and pulleys; and discover how hurricanes, tornadoes and thunderstorms develop and how powerful they can be! We’ll also learn first hand how advances in science and technology are behind our favorite movie special effects; explore the energy of motion and how energy can be conserved; get our left and right brains working together and discover the links between science and art; and examine and investigate what life is like under the sea.

*Downloadable application forms
available online at
www.arlingtonma.gov/recreation*

Youth Programs

Kids Cooking Green

Code 220909

Ages: 7 – 12 years
(A1): Thursday, January 21 – February 11
Time: 3:00pm – 5:00pm
Where: Fox Library Lower Level
Cost: \$130



Are you a kid who likes to eat? Do you want to cook with your friends? Would you be interested in learning about where your food comes from, and learning to cook with these foods? Are you open to trying new and delicious things?

Join Lori Deliso and Liza Connolly for a new, hands on cooking program where we’ll explore what makes food taste good, visit with a local farmer, and prepare a fabulous APPETIZER FEAST party for your family and friends on our last class.

Learn cooking skills! Learn how to make your own fresh mozzarella cheese. Meet a farmer who grows your food! Plan and cook a party for family and friends all from scratch using local foods.

Lori Deliso has been teaching cooking to kids for several years now, in Arlington and at Dave’s Fresh Pasta. Liza Connolly and Lori have recently begun Kids Cooking Green, cooking for kids. Don’t miss the fun. Space is limited.

**Class time on 2/11 is 3:00pm – 4:45pm, Appetizer party is 4:45pm – 5:30pm and each child can invite up to 3 family members or friends

Babysitting Training with Winchester Hospital

Code 220914

Ages: Grades: 5 – 8
(A1): Monday – Thursdays, January 25 – January 28
(B1): Monday – Thursdays, March 15 – March 18
Where: Ottoson Middle School
Times: 3:00pm – 4:30pm
Cost: \$90 per 4-day session!

The Babysitter’s Training is a course designed for those interested in becoming responsible babysitters. Students learn: Characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Winchester Hospital

THE ARLINGTON RECREATION DEPARTMENT WINTER PROGRAM 2010
WAS DESIGNED AND COMPOSED BY

 **Lightning Design**
PRINT DESIGN AND PRODUCTION
lightningdesign@comcast.net

Balloon Twisting 101 – Parent and Child

Code 220320

Ages: 5 – 12 years
(A1): Tuesday, January 5 - January 26
Time: 3:00pm – 4:00pm
Where: Lower Gibbs Classroom
Cost: \$65 per parent and child

Make your own balloon hats and you will be the most popular person at any party. This class starts with the basic balloon dog, and continues with all kinds of crazy hats and multi balloon figures. Bring a large plastic garbage bag and a small pair of scissors to each class. Supplies fee is \$5 per child - please bring it to the first class.

Balloons, pumps, and instruction books will be available for purchase in class. Bruce Lawson has been entertaining families in New England for years with his balloon and bubbling skills. He has also taught at several colleges and adult education schools. Visit his website at www.broosalooney.com. And DON’T call him BROOSALOONATIC! Latex balloons will be used.

Fencing

Code: 220501

Ages: 7 – 11 years	Beginner	Time: 4:00pm – 5:00 pm
Ages: 7 – 11 years	Intermediate	Time: 5:00pm – 6:00 pm
Ages: 12 and up	Intermediate	Time: 6:00pm – 7:00 pm
Ages: 14 years up	Intermediate	Time: 7:00pm – 8:00 pm

(A1): 10-Week Session, Thursdays, January 21 – April 1 (x: 2/18)
(B1): 5-Week Session, Thursdays, April 8 - May 13 (x: 4/22)
Where: Gibbs Gym
Cost: \$150 for 10-week session or \$75 for 5-week session

Join us for this exciting sport — one of the fastest growing sports in the world! Fencing develops physical fitness, the ability to develop strategy and concentration, as well as camaraderie and respect. Learn fencing with Michael Tarascio, former member of the United States World Championship Team.

Little Ninjas Karate

Code 220902

Ages: 5 – 12 years
(B1): Fridays, January 15 – March 26 (x: 2/19)
Times: 5:45pm – 6:30pm
Where: Brackett School Gym
Cost: \$228 for 10 weeks

One of the best karate programs in the country taught by four-time world champion Steve Nugent. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

Youth Programs

Boys Lacrosse Clinic

Code 220904

Ages: Grades 1-8
(A2): Tuesdays and Thursdays,
 March 2, 4, 9, and 11th
Time: 4:00pm – 6:00pm
Where: AHS Red Gymnasium
Cost: \$70 for 4 Sessions



Arlington Youth Lacrosse runs this popular program. Participants will learn the basic skills of the game, as well as participate in friendly competitive play. Please bring lacrosse stick and sneakers. For more information about Arlington boys lacrosse please visit www.arlingtonlax.org.

Arlington Girls Lacrosse Club (AGLAX) Winter Clinic 2010

Code 220905

Grades: 3 – 8
(A1): Mon & Wed, March 1, 3, 8, and 10th
Time: 4:00pm – 6:00pm **Where:** AHS Red Gymnasium
Cost: \$70 for 4 Sessions

The Arlington Girls Lacrosse Club (AGLAX) invites returning players and new players (grades 3 – 8) interested in learning “the fastest game on foot” to participate in the 2009 AGLAX Winter Clinic. The Winter Clinic is designed to give players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage. Please bring a lacrosse stick, goggles, and a colored mouthguard. For more information about AGLAX, please visit www.aglax.org.

Baseball Pitching and Agility Skills Clinic

Code 220323

Ages: 13 and up
When: Saturday, March 13 – April 10
Time: (A1): 11:30 am – 12:15 pm – Pitching Session
(B1): 12:15 pm – 1:00 pm – Fielding and Defense
Where: Gibbs Gymnasium
Cost: \$25 for 4 sessions **Drop-In Cost:** \$8



Come and get ready for your high school/youth league season with this new recreation program!

This program will be divided into two sessions.

The first session will be dedicated to pitching. With the help of two portable mounds, you will learn the proper mechanics needed to throw various pitches as well as when to throw what pitch. Strength and conditioning will also be included. Catchers come free!

The second session will focus on fielding and defense with focus on reaction time, body and glove position and mental play. Our brand new reaction foam return system will be featured.

Catchers come free to session 1! Equipment needed.

Instructor is Scott Dall with over ten years coaching experience at youth, AAU and Babe Ruth Level.

Basketball Clinic

Code: 220401

Grades: K – Grade 2
Clinic Dates: Saturdays, January 9, 2010 – February 27, 2010 (x: 2/20)
(A1): Kindergarten **Time:** 11:30am – 12:15pm
(A2): Grade 1 **Time:** 12:30pm – 1:15pm
(A3): Grade 2 **Time:** 1:30am – 2:15pm
(A4): Grade 1 and 2 **Time:** 2:30pm – 3:15pm
Where: Gibbs Gym
Cost: \$74 per participant (T-shirts provided)



Basic skills will be introduced using drills and games. Instruction and games will be emphasized using 8-foot baskets and youth balls. Volunteer coaches are needed.

If you are interested in assisting with the program, please contact Arlington Recreation at 781-316-3880. Please note that this program relies on volunteers... we'd love your help!!!

BIRTHDAY PARTY AT THE GIBBS GYM!!!

Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks and come with an experienced birthday party coordinator.

PLEASE CALL US AT
781-316-3880

for more information or contact by email at dcunningham@town.arlington.ma.us

Youth Programs

Mass Youth Soccer Skills Clinics

Winter Skills Clinic

Code: 320812

Age Groups: Boys and Girls U7/U8, U9/U10, U11/U12
Dates: Mondays, January 11, 2010 – March 1, 2010 (x 1/18, 2/15)



(A1): U7/U8 **Time:** 5:30pm – 6:30pm
(B2): U9/U10 **Time:** 6:30pm – 7:30pm
(C3): U11/U12 **Time:** 7:30pm – 8:30pm
Where: Ottoson Middle School
Cost: \$65 per person

Spring Tune-Up Skills Clinic

Code 220322

Age Groups: Boys and Girls U9/U10, U11/U12, U14
When: Mondays, March 15, 2010 – March 29, 2010

(A1): U9/U10 **Time:** 5:30pm – 6:30pm
(B2): U11/U12 **Time:** 6:30pm – 7:30pm
(C3): U/14 **Time:** 7:30pm – 8:30pm

Where: AHS Gymnasium week of 3/26
 Ottoson Middle School 4/2 and 4/9

Cost: \$35 per person



Are you looking for a local opportunity to improve your soccer skills over the winter or in the spring? The Arlington Soccer Club and Arlington Rec are partnering with Mass Youth Soccer to provide you with an opportunity to develop your technical skills and speed.

The sessions will be dynamic, fast-paced and FUN! They will cover all areas of technical development.

The sessions will be run by members of the Mass Youth Soccer State Instructional Coaches, many of whom hold a US Soccer A or B license.

Space is limited so register early!

Although this program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department.

Advertise Your Business or Sponsor a Special Event!!!

There are yearly options available for businesses to advertise at the Veterans' Memorial Sports Center. Options include banners, illuminated signage, Zamboni, scoreboard, and message board.

If interested in advertising or to receive further information on available options, contact Dan at 781-316-3884 or Dave at 781-316-3882.

February Vacation Programs

Tuesday – Friday, February 16 – 19

Mad Science Vacation Program

Code 220407

Ages: 7 – 12 years
When: Tuesday through Friday, February 16 – 19
Time: 9:00am – 12:00 pm **Where:** Fox Library
Cost: \$150.00

Join the Mad Science® hands-on science fun. We're crazy about science...and hope you are too! We'll have a blast exploring science and how it affects the world around us. Become an honorary Mad Science assistant and learn about some of the awesome stuff from the Mad Science laboratory. Each day we'll have a different science theme with exciting activities, experiments and related games. Space, slippery science, nature, and chemical magic are just a few of the exciting activity topics that kids can look forward to this vacation. The children will get a chance to play with our “cool” equipment and participate in some “hot” demonstrations. And the science doesn't stop when the Mad Scientist goes back to the laboratory... we'll have take-home creations so the fun and learning can continue.

Thundercat Basketball

Code 220915

Ages: 7 – 12 years
When: Tuesday through Friday, February 16 – 19
(A1): Half Day: 9:00am – 12:00noon **Cost:** \$119
(B1): Full Day: 9:00am – 3:00pm **Cost:** \$150
Where: Ottoson Lower Gym

3, 2, 1...swish! Whether your child is a beginner or a buzzer beater, this is the basketball program for him or her. Skills emphasized will be dribbling / ball handling, passing, shooting, defense, and more. Theme days, trivia, and a NCAA tournament at the end of the program add to the excitement! Program is coed, and every participant receives a sport related item. For more information please visit www.thundercatsports.com.

Viking Sports – Multi Sport

Code 220917

Grades: 1-5
When: Tuesday through Friday, February 16-19
Time: 9:00am – 3:00pm
Where: Gibbs Gym
Cost: \$ 165

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/ t-ball, flag football, kickball, floor hockey, waffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Youth & Adult Badminton Classes

All sessions held Dallin School Gymnasium

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, more energetic than the 'backyard badminton' that most Americans are familiar with. Experienced players as well as beginners will be taught/coached. Some rackets will be available for use or purchase. Shuttlecocks will be supplied. Pashupati Paneru will lead customized instruction and training.

Session 1 Code 220509

Ages: Youths, Entry-Level Adults, plus Adults with some experience.
Time: 6:15pm – 7:05pm
(A1): Mondays, January 4 – February 8 (x: 1/18) **Cost:** 5 weeks \$50
(B1): Mondays, February 22 – March 29 **Cost:** 6 weeks \$60
(C1): Wednesdays, April 7 – May 19 **Cost:** 6 weeks \$60

This session is structured for Youths and Entry Level Adults. Parents and their children are encouraged to join. Adults who have not played in many years will find this to be a good way to renew good basic skills again. Groupings will be made.

Session 2 Code 220510

Ages: Youth and Adults of All Skill Levels
Time: 7:10pm – 8:00 pm
(A1): Mondays, January 4 – February 8 (x: 1/18) **Cost:** 5 weeks \$50
(B1): Mondays, February 22 – March 29 **Cost:** 6 weeks \$60
(C1): Wednesdays, April 7 – May 19 **Cost:** 6 weeks \$60

This session is ideal for the experienced youths and all adults who want to re-establish their skills or get back into shape. Emphases is placed on footwork and hitting techniques. Training will be customized to the needs of the participants.

Session 3 Code 220511

Ages: Youth and Adults of All Skill Levels
Time: 8:10pm – 9:00pm
When: Wednesdays, April 7 – May 19 **Cost:** 6 weeks \$60
Where: Dallin School Gym

This session is structured for the experienced youth and adults. Emphases on footwork and techniques. Training will be geared to the needs of needs of the participants.

Open Basketball

Ages: 18 & up

Date: Every Tuesday starting January 5th

Time: 7:00pm – 9:00pm

Where: Ottoson Middle School, Upper Gym

Cost: \$8/day or \$75/10 nights

Open Play Badminton Code 220512

Ages: Youth and Adults.
Time: 6:15pm – 9:15pm
(A1): Mondays, January 4 – February 8 (x: 1/18) **Cost:** 5 weeks \$50
(B1): Mondays, February 22 – March 29 **Cost:** 6 weeks \$60
(C1): Wednesdays, April 7 – May 19 **Cost:** 6 weeks \$60

Open play for all levels of players using the magnet-board player selection system for playing. Youths with a parent are welcome to play. A good place to put into practice the techniques just learned. No instruction, just playing. Walk-in players will be accepted when space is available.

Students currently in Session 1 or 2 are encouraged to sign up for open play, the fee for them is half the listed price.

Pashupati Paneru is a Certified USA Badminton Coach who has trained and competed at top world Centers. A champion international badminton player originally from Nepal, Pashu won the Men's Singles Championship at the 2008 New York Open. At the 2009 Bay State Championship Games, he won the Men's Singles and Mixed Doubles events. Pashu is currently running a junior training program and is coaching private sessions in the Boston area. We are very honored to have him coaching at Arlington Recreation. Private sessions with Pashupati Paneru can be arranged directly with Pashu.



What do YOU want to be?

ultimate bootcamp

ultimate fitness. ultimate fun.



Results-driven fitness classes are coming to Gibbs Gym

register online www.ultimatebootcamp.com

Adult Classes

StrollerFit Code 220513

Ages: Parent and Child
Dates: (A): 8 week sessions starts Tuesday, January 19 – March 16 (x: 2/16)
Time: 11:15am-12:00pm
Where: Gibbs Gym **Cost:** \$104

StrollerFit offers you a 45-minute stroller fitness workout with your baby and/or toddler. In a safe and interactive stroller fitness class, parents use strollers, resistance training and body weight to get in shape. Children are entertained by songs, nursery rhymes, visual stimulation, and activities.

Instructor Catherine Milliken is an ACE certified group fitness instructor, and she will help you achieve muscular strength and cardiovascular fitness, all while having a great time with your child(ren) and other caregivers in the class. There is a one time equipment fee of \$45 (includes two resistance bands, two mommymuscle balls, and a water bottle in a heavy duty nylon bag) payable to the instructor the first day of the class.

Magnolia Community Gardens

The lottery for available plots for the Magnolia Community Gardens will be held in March 2010. For more information please contact Dan McGrath at dmcgrath@town.arlington.ma.us.

Arlington Parks, Fields, And Facilities

Inclement Weather/Field Closing Line: 781-316-3886 (sign up online for field closing notice)

To request the use of a field or park for special event or outing, please submit a field permit request to Dan McGrath, Program Supervisor, at www.arlingtonma.gov, "recreation," "parks and fields," "field use request." Downloadable permit form can also be found on Rec website.

Bishop Field: Bishop School (25 Columbia Road). Summer Street to Dunkin Donuts, left onto Mystic street, take another left onto Columbia Road.
Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink).
Buzzell Field: 29 Summer Street.
Florence Field: Dallin School – 185 Florence Avenue. Coming From Mass Avenue, turn on to Park Avenue then turn right onto Florence Avenue.
Gibbs Gym: Mass. Ave towards Cambridge. Second left after Walgreen's onto Tufts St.
Hibbert Playground: Hibbert Street.
Hill's Hill Field: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field).
Hurd Field: Located on Drake Rd. going down Mass Ave towards the Heights, behind Trader Joes and Walgreen's.
Lussiano Field: North Union Street at Thompson School. Off Broadway in East Arlington take left after Dunkin Donuts.
Magnolia Field: On Herbert St. /Magnolia St. Take Mass Ave. towards Cambridge, after the Lake St. intersections take your 4th right.

Zumba for Adult Code 220514

When: 8-week session starts Tuesdays, January 19 - March 9, 2010 (x: February 23)
Time: 6:30pm – 7:30pm
Where: Lower Ottoson Blue Gym **Cost:** \$64.00 per person

Zumba® combines high energy, motivating music with unique moves and combinations that allow the participants to dance their worries away, and burn 500-700 calories in the process. It is based on the principle that a workout should be fun so you want to do it. Zumba is great for the mind, body, and soul. It is a "feel-happy" workout — so don't forget to bring your smiles, but also be prepared to sweat! No Dance experience required! Bring a water bottle and towel!!

Robbins Farm Cooperative Learning Garden

The Robbins Farm Cooperative Learning Garden will be gardened by a cooperative group of individuals. The mission of the garden will be to educate children and adults how to garden. Various gardening demonstrations and tours will be held throughout the year at the garden. A comprehensive educational component will also be offered to the entire community through our website and gardening blog. More information on the cooperative learning garden and how to become involved will be available at the Arlington Recreation Department after January 1st.

McClennan Park: On Summer Street near Lexington border
Menotomy Rocks Park: On Mass Ave going towards Cambridge, take right on Jason St. and go straight through the four-way stop. Park on right.
Parallel Playground: On Medford/Mystic Street.
Ottoson Field: Take left after Saint James Church on to Appleton and left on Acton St.
Poet's Corner: Off Route 2 on Dow Ave.
Robbins Farm: Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School.
Robbins Library: 700 Mass Ave.
Scannell Field: Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of Lights onto Linwood St.
Spy Pond Field: Turn onto Pond Lane across from the Boy's and Girl's Club.
Summer Street Field: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest
Thorndike Field: On Margaret St. Take Lake St. Off of Mass Ave. go past Hardy School and take left onto Margaret Street all the way to the end.
W. A. Peirce Field: Behind Arlington High School.
Whittemore Robbins House: 700 Mass Ave. Turn into the Robbin's Library parking lot and follow drive.

General Information

Payment

Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, Visa, and Discover are also accepted. If registering via fax (781-641-5495), please use the downloadable registration form located at www.arlingtonma.gov/recreation under “downloadable forms.” If choosing to register on-line, please visit www.arlingtonma.gov/recreation.

If registering for the first time with Arlington Recreation, you will need to create a household account. Please call 781-316-3880 if you experience difficulties. Phone registrations now welcome!

Non-residents are assessed an additional \$5 fee on each program.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonma.gov/recreation.

Refunds

There will be NO REFUNDS unless a program is cancelled by Arlington Recreation. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. *If you cancel after the start of a program, no credits or refunds will be given*. Please note that there is a \$5 administrative fee for all refunds unless the program is canceled by Arlington Recreation.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Arlington Recreation now accepts 24-hour a day phone registration. If you do not have access to a computer or fax machine and can not make it into the Recreation Office during normal business hours, you can register by phone by calling 781-316-3880 24-hours a day!

Inclement Weather

Please call the Field and Program Cancellation Line at 781-316-3886 to receive inclement weather updates on programs and fields operated through Arlington Recreation. Sign up online for field closing notice.

The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program.

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonma.gov/recreation to view your household account history.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!!!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to check the donation box on the registration form.

Meet the Recreation Department Staff

Joseph Connelly
Director of Recreation

Dan McGrath
Program Supervisor

Laura Munsey
Administrative Assistant

Patti Brennan
Recreation Clerk

Dave Cunningham
Facility Supervisor

Mark Linskey
Maintenance Craftsman

Parks & Recreation Commission

Nancy Campbell
Leslie Mayer
Jim Robillard
Jen Rothenberg
Don Vitters

Recreation Department Phone Numbers

Main Number:
781-316-3880

Fax Number:
781-641-5495

Field/Program Cancellation:
781-316-3886

Ice Rink:
781-316-3887

Mission Statement

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities.

Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

Registration Form

Participant's Name:	Grade & School:		
Address:	City, Zip:		
Home Phone:	M / F DOB:		
Allergies/Medications/Limitations?:			
PARENT/GUARDIAN INFORMATION			
Guardian:	Cell Phone:		
Business Phone:	Email:		
EMERGENCY INFORMATION			
Name:	Phone:		
PROGRAM REGISTRATION SECTION			
CLASS	SECTION	TIME	FEE
1.			
2.			
3.			
I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or creation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington – Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or rec. programs.			
Emergency Medical Treatment: I hereby give the Arlington Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.			
Allergies, Chronic Health Conditions: Allergies must also complete EAAP plan at the Recreation Dept office . Please list all of your child's allergies and/or chronic health conditions: _____			
SIGNATURE _____			
Credit Card Payment: MC or VISA: Card # _____			
EXP. _____ SIGNATURE _____			
<input type="checkbox"/> I would like to make a donation in the amount of \$ _____ to the Arlington Rec Scholarship Fund.			

Downloadable application forms and field permit applications online at www.arlingtonma.gov/recreation